



National Nutrient Database for Standard Reference

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Statistics Report 36004, APPLEBEE'S, mozzarella sticks

Report Date: July 04, 2017 17:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	40.65	6	0.388	39.79	41.91	5.0	39.658	41.652	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	316	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1323	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein ¹	g	14.87	6	0.325	13.78	16.13	5.0	14.037	15.71	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) ¹	g	18.37	6	0.516	16.88	20.5	5.0	17.045	19.698	1	Analytical or derived from analytical	--	03/2013
Ash ¹	g	3.23	6	0.057	3.01	3.42	5.0	3.082	3.378	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	22.87	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary ¹	g	2.1	3	0.053	2	2.2	2.0	1.877	2.336	1	Analytical or derived from analytical	--	03/2013
Sugars, total ¹	g	2.80	3	0.307	2.3	3.36	2.0	1.481	4.125	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.11	3	0.110	0	0.33	2.0	-0.363	0.583	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) 1	g	0.79	3	0.019	0.77	0.83	2.0	0.713	0.873	1	Analytical or derived from analytical	--	03/2013
Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Lactose 1	g	1.04	3	0.238	0.57	1.34	2.0	0.016	2.064	1	Analytical or derived from analytical	--	03/2013
Maltose 1	g	0.59	3	0.034	0.52	0.63	2.0	0.441	0.732	1	Analytical or derived from analytical	--	03/2013
Galactose 1	g	0.27	3	0.023	0.25	0.32	2.0	0.173	0.374	1	Analytical or derived from analytical	--	03/2013
Starch 1	g	18.43	3	0.145	18.2	18.7	2.0	17.808	19.058	1	Analytical or derived from analytical	--	03/2013
Minerals													
Calcium, Ca 1	mg	319	6	7.576	290	347	5.0	299.525	338.475	1	Analytical or derived from analytical	--	03/2013
Iron, Fe 1	mg	0.43	6	0.011	0.4	0.47	5.0	0.398	0.456	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg 1	mg	20	6	0.423	19	22	5.0	18.811	20.989	1	Analytical or derived from analytical	--	04/2009

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Phosphorus, P 1	mg	307	6	8.261	270	322	5.0	285.431	327.902	1	Analytical or derived from analytical	--	03/2013
Potassium, K 1	mg	106	6	4.880	90	122	5.0	93.005	118.095	1	Analytical or derived from analytical	--	03/2013
Sodium, Na 1	mg	838	6	21.336	756	907	5.0	782.82	892.514	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn 1	mg	2.00	6	0.038	1.88	2.14	5.0	1.905	2.101	1	Analytical or derived from analytical	--	04/2009
Copper, Cu 1	mg	0.059	6	0.001	0.06	0.06	5.0	0.057	0.062	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn 1	mg	0.239	6	0.005	0.22	0.26	5.0	0.226	0.252	1	Analytical or derived from analytical	--	03/2013
Selenium, Se 1	µg	17.6	3	0.265	17.2	18.1	2.0	16.462	18.738	1	Analytical or derived from analytical	--	03/2013
Vitamins													
Thiamin 1	mg	0.073	3	0.003	0.07	0.08	2.0	0.059	0.087	1	Analytical or derived from analytical	--	03/2013
Riboflavin 1	mg	0.260	3	0.010	0.24	0.27	2.0	0.217	0.303	1	Analytical or derived from analytical	--	03/2013
Niacin 1	mg	0.660	3	0.068	0.56	0.79	2.0	0.367	0.953	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.410	2	--	0.41	0.41	--	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 1	mg	0.067	3	0.001	0.07	0.07	2.0	0.061	0.074	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 1	µg	0.99	3	0.057	0.93	1.1	2.0	0.743	1.23	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol 1	µg	110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta 1	µg	37	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta 1	µg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin ¹	µg	44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) ¹	mg	0.71	3	0.049	0.61	0.77	2.0	0.498	0.919	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta ¹	mg	0.11	3	0.013	0.08	0.12	2.0	0.052	0.166	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma ¹	mg	3.47	3	0.222	3.14	3.89	2.0	2.512	4.419	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta ¹	mg	1.53	3	0.121	1.3	1.7	2.0	1.013	2.05	1	Analytical or derived from analytical	--	03/2013
Vitamin K (phylloquinone) ²	µg	22.2	3	6.068	15.9	34.3	2.0	-3.941	48.274	1	Analytical or derived from analytical	--	04/2009
Lipids													
Fatty acids, total saturated	g	6.730	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 ¹	g	0.198	3	0.016	0.17	0.22	2.0	0.127	0.269	1	Analytical or derived from analytical	--	03/2013
6:0 ¹	g	0.157	3	0.012	0.13	0.17	2.0	0.106	0.208	1	Analytical or derived from analytical	--	03/2013
8:0 ¹	g	0.102	3	0.006	0.09	0.11	2.0	0.077	0.128	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.233	3	0.011	0.21	0.25	2.0	0.183	0.282	1	Analytical or derived from analytical	--	03/2013
12:0 1	g	0.262	3	0.015	0.23	0.28	2.0	0.198	0.325	1	Analytical or derived from analytical	--	03/2013
14:0 1	g	0.865	3	0.055	0.77	0.95	2.0	0.629	1.101	1	Analytical or derived from analytical	--	03/2013
15:0 1	g	0.092	3	0.006	0.08	0.1	2.0	0.064	0.12	1	Analytical or derived from analytical	--	03/2013
16:0 1	g	3.253	3	0.201	2.94	3.63	2.0	2.387	4.118	1	Analytical or derived from analytical	--	03/2013
17:0 1	g	0.063	3	0.004	0.06	0.07	2.0	0.046	0.081	1	Analytical or derived from analytical	--	04/2009
18:0 1	g	1.413	3	0.030	1.37	1.47	2.0	1.286	1.54	1	Analytical or derived from analytical	--	03/2013
20:0 1	g	0.040	3	0.002	0.04	0.04	2.0	0.031	0.049	1	Analytical or derived from analytical	--	04/2009
22:0 1	g	0.032	3	0.002	0.03	0.04	2.0	0.024	0.04	1	Analytical or derived from analytical	--	03/2013
24:0 1	g	0.014	3	0.001	0.01	0.01	2.0	0.012	0.016	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	4.217	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:1 ¹	g	0.086	3	0.008	0.07	0.1	2.0	0.053	0.12	1	Analytical or derived from analytical	--	03/2013
15:1 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated ¹	g	0.166	3	0.018	0.13	0.2	2.0	0.088	0.245	1	Analytical or derived from analytical	--	03/2013
16:1 c ¹	g	0.134	3	0.017	0.1	0.16	2.0	0.06	0.209	1	Analytical or derived from analytical	--	03/2013
16:1 t ¹	g	0.032	3	0.001	0.03	0.03	2.0	0.028	0.036	1	Analytical or derived from analytical	--	03/2013
17:1 ¹	g	0.023	3	0.002	0.02	0.03	2.0	0.014	0.032	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated ¹	g	3.872	3	0.174	3.61	4.2	2.0	3.123	4.62	1	Analytical or derived from analytical	--	03/2013
18:1 c ¹	g	3.643	3	0.173	3.39	3.98	2.0	2.899	4.388	1	Analytical or derived from analytical	--	03/2013
18:1 t ¹	g	0.228	3	0.004	0.22	0.23	2.0	0.212	0.244	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.069	3	0.001	0.07	0.07	2.0	0.065	0.073	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2013
22:1 c ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2013
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	4.580	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated ¹	g	3.986	3	0.166	3.72	4.29	2.0	3.27	4.702	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c ¹	g	3.827	3	0.166	3.56	4.13	2.0	3.111	4.543	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs ¹	g	0.058	3	0.003	0.06	0.06	2.0	0.046	0.069	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined ¹	g	0.102	3	0.003	0.1	0.1	2.0	0.089	0.114	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.537	3	0.037	0.49	0.61	2.0	0.377	0.697	1	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) ¹	g	0.505	3	0.038	0.46	0.58	2.0	0.342	0.668	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c ¹	g	0.031	3	0.001	0.03	0.03	2.0	0.024	0.037	1	Analytical or derived from analytical	--	03/2013
18:3 <i>i</i> ¹	g	0.001	3	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	03/2013
18:4 ¹	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c ¹	g	0.007	3	0.001	0.01	0.01	2.0	0.003	0.011	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated ¹	g	0.013	3	0.001	0.01	0.01	2.0	0.009	0.016	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 ¹	g	0.011	3	0.001	0.01	0.01	2.0	0.006	0.016	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated ¹	g	0.021	3	0.001	0.02	0.02	2.0	0.016	0.026	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) ¹	g	0.004	3	0.001	0	0.01	2.0	--	0.007	1	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 ¹	g	0.004	3	0.001	0	0.01	2.0	--	0.008	1	Analytical or derived from analytical	--	03/2013
22:5 n-3 (DPA) ¹	g	0.006	3	0.001	0	0.01	2.0	--	0.011	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Fatty acids, total trans	g	0.363	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol ¹	mg	33	3	1.835	30	36	2.0	25.337	41.129	1	Analytical or derived from analytical	--	03/2013
Amino Acids													
Tryptophan ¹	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine ¹	g	0.424	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine ¹	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine ¹	g	1.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine ¹	g	1.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine 1	g	0.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cystine 1	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine 1	g	0.878	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine 1	g	0.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine 1	g	1.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine 1	g	0.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine 1	g	0.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine 1	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid 1	g	1.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid 1	g	3.865	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ¹	g	0.373	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline ¹	g	2.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine ¹	g	0.606	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008 Beltsville MD